

## The TIDieR (Template for Intervention Description and Replication) Checklist\*:

Information to include when describing an intervention and the location of the information

| Item<br>number | Item  | Where located **                              |  |
|----------------|---|---|--|
|                |   | Primary paper<br>(page or appendix<br>number) | Other <sup>†</sup> (details)           |
| 1.             | <b>BRIEF NAME</b><br>Provide the name or a phrase that describes the intervention.  | line 100                                      | n/a                                    |
| 2.             | <b>WHY</b><br>Describe any rationale, theory, or goal of the elements essential to the intervention.  | Line 2 - 85                                   | n/a                                    |
| 3.             | <b>WHAT</b><br>Materials: Describe any physical or informational materials used in the intervention, including those provided to participants or used in intervention delivery or in training of intervention providers.<br>Provide information on where the materials can be accessed (e.g. online appendix, URL). | Line 110 - 114                                | Additional file 3<br>Additional file 5 |
| 4.             | Procedures: Describe each of the procedures, activities, and/or processes used in the intervention, including any enabling or support activities.   | Line 119 - 149                                | Additional file 6                      |
| 5.             | <b>WHO PROVIDED</b><br>For each category of intervention provider (e.g. psychologist, nursing assistant), describe their expertise, background and any specific training given.   | n/a   | n/a                                    |

|                          |  |  |     |
|--------------------------|--|--|-----|
| <b>HOW</b>               |  |  |     |
| 6.                       | Describe the modes of delivery (e.g. face-to-face or by some other mechanism, such as internet or telephone) of the intervention and whether it was provided individually or in a group. | line 101<br>line 104                             | n/a |
| <b>WHERE</b>             |  |  |     |
| 7.                       | Describe the type(s) of location(s) where the intervention occurred, including any necessary infrastructure or relevant features.  | line 101   | n/a |
| <b>WHEN and HOW MUCH</b> |  |  |     |
| 8.                       | Describe the number of times the intervention was delivered and over what period of time including the number of sessions, their schedule, and their duration, intensity or dose.        | line 113-114                                     | n/a |
| <b>TAILORING</b>         |  |  |     |
| 9.                       | If the intervention was planned to be personalised, titrated or adapted, then describe what, why, when, and how.   | line 132-138                                     | n/a |
| <b>MODIFICATIONS</b>     |  |  |     |
| 10.*                     | If the intervention was modified during the course of the study, describe the changes (what, why, when, and how).  | n/a  | n/a |
| <b>HOW WELL</b>          |  |  |     |
| 11.                      | Planned: If intervention adherence or fidelity was assessed, describe how and by whom, and if any strategies were used to maintain or improve fidelity, describe them.                   | line 203-207 +<br>line 213-217 +<br>line 218-221 | n/a |
| 12.*                     | Actual: If intervention adherence or fidelity was assessed, describe the extent to which the intervention was delivered as planned.  | line 300-304 +<br>Table 3 +                      | n/a |

**\*\* Authors** - use N/A if an item is not applicable for the intervention being described. **Reviewers** – use ‘?’ if information about the element is not reported/not sufficiently reported.

† If the information is not provided in the primary paper, give details of where this information is available. This may include locations such as a published protocol or other published papers (provide citation details) or a website (provide the URL).

‡ If completing the TIDieR checklist for a protocol, these items are not relevant to the protocol and cannot be described until the study is complete.